THE FREEDOM FLAME

Hail to Thee! Thou Freedom Flame of heavenly glory
From the Heart of God, since first Creation's story
By the Elohim and Devas gave our blessed Earth her place in the Sun.
God's transcendant gift of Cosmic Love and Mercy,
Stilling now and always human controversy;
Make men brothers, raising others, 'til Earth's journey 's done!

Beauty so appealing; Mastery revealing;
Freedom Flame, divine Thou art!
Patient and forgiving, show God's way of living,—
Take Thy place—rule from each heart!
Pain and sorrow ending; gratitude ascending;
Let all life arise and sing!
Let Earth bow before It; lovingly adore It;
Worship Freedom, now Her King!

In the Heart of Freedom is the joy of living;
Every human shadow by His love forgiving;
Raising all upon Thy wings of light and love—all free from human alarms.
In The Heart of Freedom is Thy Throne forever!
Take dominion, rule the Earth and leave It never!
Hold It safe, secure, within God's everlasting arms!

Hail, Saint Germain, Beloved ruler of Earth's people!
Let Freedom's bells be rung and heard from every steeple!
Two thousand years shall Earth receive His gracious blessing.
Make all understand It; worshipping, expand It—
Freedom Flame of Saint Germain!

Hail, Saint Germain! Beloved Freedom, how we love Thee!
In the "I AM" Name, we pledge to Thee and all above Thee
Thy Cause to serve and make our Earth a shining planet;
Free Sanat Kumara; lift from life its sorrow;
Making Earth Thy Freedom Star!

Glory to Thee! Set all now free! Freedom Flame of Saint Germain!

Make each one a living Flame of Adoration,
Wielding Freedom's powers in sacred consecration;
Let the Freedom Flame release illumination,
Earth's redemption begun.
Call we blessings from the very heart of Heaven
On the Freedom Flame! For Earth it is the leaven
Raising her in light forever—ALL HER VICTORY WON!

(NOTE: The above lyrics are now available *recorded* with their original melody on a musical recording—"The Freedom Flame"—the daily playing of which will bring greater freedom of every description, as well as a greater protection to your world and happiness within it. The recording sells for $3. per record. Order from: "The Bridge to Freedom", P. O. Box 335, Phila. 5, Pa.)

THE BRIDGE
TO FREEDOM

A Monthly Journal Devoted to Individual Unfoldment, Contact with The Great White Brotherhood and Cooperative World Service

Volume V **JULY, 1956** **No. 4**

To the Cosmic Flame of Freedom:

BLESSINGS from the hearts of All Who have utilized Your Presence to sublimate the energies of Our Personal worlds and have ascended into the God-free Estate by reason of Your assistance!

To the Beloved Master Saint Germain, Guardian of the Flame of Freedom, We send Our gratitude on behalf of all evolutions in the Earth, on the Earth and in Its atmosphere, who can—through the use of that Flame which You guard—ascend in like manner to become Divine Beings!

To the Angels of Freedom and The Brotherhood of Freedom Who, when invoked, assist in the restoration of the Earth and Its evolutions to perfection, We send our thanksgiving!

To the men and women throughout the ages who have loved Freedom and sought to bring that Freedom to their fellowman, We send Our love!

As the Earth has entered into the Activity of the Freedom Flame, upon Whose ascending tide Lord Sanat Kumara has already received His Freedom from centuries of voluntary exile, We decree that the knowledge, use and manifest expression of the efficacy of that Freedom Flame shall cover the Earth and every man, woman and child arise, throw off the shackles of limitation and walk in FREEDOM'S ROBES! Anticipating the transmutation of the Earth (now known as the Dark Star) into FREEDOM'S STAR, We move forward with those earnest chelas whose purpose, motive and activity is to a like accomplishment—NOW!

THOMAS PRINTZ, EDITOR

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[redacted] Pennsylvania, U. S. A.

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The Homes and Retreats of The Masters of Wisdom

ASCENSION TEMPLE AT LUXOR (Egypt)

July 15th through August 14, 1956

The Brotherhood of the Ascension Temple have dedicated Their lives to sustaining the Ascension Flame upon Whose crest all who qualify may return "Home" into the Ascended Masters Realms of perfect expression.

When mankind allowed their consciousness to be impregnated with shadows and lost the control of their thought and feeling worlds, *some few* realized that a way back to Perfection must be found and sustained. While the masses enjoyed the "pursuit of happiness", *these few* continued to draw primal life, qualifying it with adoration to God and His Heavenly Messengers; then consciously sending that praise, adoration and thanksgiving up to Them. This ascending stream of love is a current of actual power and lifts the energies of those who choose to avail themselves of connecting with the Ascension Flame for the purpose of raising the vibratory action of their own inner and physical bodies.

Every Being Who has sublimated the impure energies of His Own world has received assistance from The Brotherhood of the Ascension Temple to help in the acceleration of the vibratory action of the electrons composing the atoms in the four lower bodies. This momentum of ascending energy is increased by the gratitude and thanksgiving of Each Being Who ascended on Its current into the God-free Estate. The Seraphic Beings Who serve with The Brotherhood of the Ascension Temple gather together all the prayer-force of mankind and weave it into the Ascension Flame. Thus, *in each man's personal victory,* does the ascending current become more strong, powerful and efficacious for those following after him. The use of any activity of the Sacred Fire increases the power of that Fire for all others, even as the first explorer, cutting his way through the brush, makes it easier for the next group to make a foot path—until finally there is a wide highway to a specific goal.

FRANCHISE NOTICE

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The focus of the Ascension Flame was changed when Atlantis sank. At that time the actual Flame was carried by those who loved It—Priests and Priestesses of the Sacred Fire—across the seas to the land of Egypt. Here, traversing the Nile (some 480 miles south) They reverently established a new focus at Luxor for this Ascension Flame and have guarded It since that day!

The Hierarch of this Retreat is our Beloved Serapis Bey, Who applied particularly to Sanat Kumara to include Luxor as one of the twelve Retreats to be honored in 1956. His specific request was based on His desire to stimulate HOPE in the consciousness of mankind. Let Us then endeavor, while bathing in the stimulating, purifying radiation of the Ascension Flame, to invoke the Beloved Archii, Hope (Twin Flame of the Beloved Archangel Gabriel), to help us in spreading HOPE to the world!

(NOTE: For further description of Serapis Bey's Ascension Temple at Luxor, please see "Transmission Flame Book," pages 8, 9; 25-31. "The Bridge to Freedom," Vol. 1, No. 6; Vol. 3, No. 7; Vol. 4, No. 6.)

ASALA FESTIVAL

(4:29 p. m. Eastern Standard Time) July 22, 1956

Once each year, the Beloved Lord Maitreya celebrates the presentation of the Spiritual Law as given by His Guru, Lord Guatama Buddha, by reciting to The Great White Brotherhood and the assembled and receptive chelas, the tenets of Lord Buddha's Principle of Living—The Middle Way. This ceremony takes place in July of each year. We present for your individual and collective ceremonies, excerpts of more recent comments by the Beloved Lord Maitreya which will intensify His outpouring at the Asala Festival. Participate!

THOMAS PRINTZ

Excerpts from an Address by
BELOVED LORD MAITREYA
(On: The Control of the Four Lower Bodies)

"As the Beloved Saint Germain has recently explained on various occasions, the four lower bodies (physical, etheric, mental and emotional) are closely inter-related, one with the other, just as climbers who are making a steep ascent upon a glacier, are tied together for safety's sake. Each one depends upon the other's sure footing; upon the capacity and training of the other, in order to reach the apex of the mountain. The slip of the foot of any one (caused by hysteria, emotional unbalance or, perhaps, by some 'accident' to the physical body) is apt to plummet the entire group into a crevasse and obliterate them (temporarily, at least) from the physical appearance world. It is exactly the same thing with your inner bodies!

If, through habit, your feelings (emotional body) have been allowed to 'explode' at will and to throw out resentment and rebellion with little or no attempt on your part to control them, that emotional body immediately pulls down with it the other three vehicles into the slower vibrations of the astral realm. Then you have a headache and 'mental fog'; you have another scar on the etheric body and you usually have some physical repercussion in the flesh form.

If the mental body is allowed to dwell upon thoughts of impurity, obscenity or the imperfections of other lifestreams (whether it is so-called 'fact or fancy') it eventually involves the emotional body. That body then comes over to see what is going on (so to speak) and a new 'party' is started. Thus the entire group again is plummeted into the psychic and astral realm.

If the etheric body is allowed continually to revert to the injustices of the past—in this life alone most everyone has suffered (at least what they have considered) injustice, it revivifies those distresses again, many times making them re-occur in your present experience. You know, the etheric body is a great one to 'watch' for such opportunities to express itself while you are on vacation or when you are not actually busy doing something else at the moment. That is when the etheric body becomes active and the stirring energies within it say:

"Do you remember thus and so?" Finally, the mind *and* feelings get into it and you have the 'slough' of lowered vibrations again. Then there is only one thing to do and this same procedure has been used century after century by all sincere lifestreams who wish to become Master of their worlds . . . that is, to change the vibratory action of those bodies by raising them (as the speed of the airplane propeller raises the plane into the air) by increasing the vibrations of those bodies to the point where harmony, purity, happiness, peace and general well-being exist!

God-control Imperative for All

This is impersonal Law! It has nothing to do with any particular individual or any special lifestream upon the planet. It is just Law! While you allow the vibrations of any one of your bodies to become discordant, you immediately sink into the 'slough' of the mass destructive thoughts and feelings of the race. You not only have to generate (through your application in the use of the Violet Fire and whatever other applications of which you know) enough 'steam' to get up out of that 'hole' again, but, while you are down there, you have opened your worlds to the destructive energies which form that mass strata and which then flow into and become a part of your world.

Beloved ones, *this is the Law of the Retreats!* It is the Law and the Science of mastery which is taught by every Being Who has attained the right to be called 'Guru' (Master) and Who accepts initiates and chelas for development. Mankind (and chelas, too) are always looking for an easy way out of their difficulties; for a 'vicarious atonement'; for someone else to pay their debt; someone else to set them free! There is no one else but your own consciousness who can eventually control the energy which has been entrusted to you from God. *NO ONE but yourself can control that energy for you!* True, the Masters, Angels, Cherubim and Seraphim can and do give you assistance in quieting the whirls of destructively qualified energy which you have already set up and They 'pour oil on the troubled waters' far more often than that of which you have any concept in your outer minds.

True, the Master Jesus, (Beloved Prince of Peace) when invoked by a soul in turmoil and in trouble, does send forth

His radiation in answer to their calls and sometimes that one is sensitive enough to *accept* His peace. However—*this is but temporary!* Until the individual himself arises in the dignity of his own Godhood and realizes that he, himself, chose to take and use life from the heart of the God of the Universe, he cannot be self-master over that life! The world around him and his own inner bodies are a record of what he has done with such life.

Silence—So Important!

When such an one so chooses to master his energies in dignity, poise and, preferably, *in silence,* he can succeed, if he will. You know, there is not too much kindness in this world of form. If you tell others of that which you endeavor to do *before* it is successfully achieved, you dissipate your energies which might be used to accomplish your purpose. Should you fail in your achievement, there will be many who will laugh at you. In the silence and dignity of your own Christ Flame, determine that these vehicles which you use *are going to serve the purpose for which they were created*—to expand the Virtues of God. You may choose to develop and radiate any one or more of a number of God Virtues which this world so much requires at this time. One could spend almost an entire evening enumerating the Virtues this 'crying' planet Earth needs; for one thing—PEACE—of a certainty! Will you allow your emotional world to be a conduit from your Presence and the Ascended Masters' Realm to carry uninterrupted PEACE into the souls of men which are torn with pain and agony; nations filled with unrest; an Elemental Kingdom despoiled and tortured by the ignorance, disinterest, unbelief and impurities generated by mankind; or *must your* emotional body be the 'plaything' for any unkind word or displeasure of another which sends it immediately into distress?

Who Owns Your World?

Does your *emotional* body belong to God or does it belong to the transients you meet upon life's way who take your world away from the authority of your Presence and steal your peace—*God's peace*—from you? If this is so, (for that moment at least) that discord 'short-circuits' your energies through

which the Godhead and all the God-free *otherwise* could pour peace into your worlds—then out through your atmosphere into the worlds of others.

Does your *mental* body belong to God? Is it alert to the reception of the Divine directions of your 'I Am' Presence, or is it busy accumulating the gossip which is heard over the radio, read from the printed page, or spoken through the kindly (?) lips of your friends and associates? Is your mental body also the 'plaything' for the transients you meet on life's way?

Does your *etheric* body belong to God? Is it the powerhouse it was intended to be in the beginning—in which there is recorded every magnificent experience you had with God 'before the world was'—from the first time your Immortal Three-fold Flame externalized from the Father when first you felt *being* and said: 'I AM'; when you first looked upon the faces of your God-parents (of the System to which you belong) Who created you; when you saw the shining light of the Archangels and there were no scales before your eyes; when you heard the 'Music of the Spheres' just naturally and when you saw the beautiful Temples of Light in the Inner Realms—is that the content of your etheric body? Is that what surges up during your periods of relaxation and makes you remember God's perfection; or is your etheric body just a 'Pandora's box', containing the records of all the petty grievances and mistakes of others?

Does your *physical* body belong to God? Is it vital and alert as it should be, ready to be about the Masters' business?

Take Daily Personal Inventory!

Today I ask you to take an inventory of yourselves. You are chelas, now, who must move *forward* under *your own* 'steam'. These vehicles (bodies), which are yours to control, you must keep in the use of God IF *you are what you profess!* You cannot serve two Masters! You are serving God when your bodies are conductors for His Grace; you are serving Mammon when your bodies are re-acting to the flash-tides of human emotions!

Think it through, beloved ones! You say: 'All I am or have or ever hope to be or have is THINE'. That is a BIG STATEMENT! Are you confirming it in your daily living?

O, lovely ones, think of the statements you make and have been making for a number of years now. Think upon them deeply, for they will affect the karma which you draw upon you.

It is up to you to create the glory of your Causal Body through your four lower bodies and make the Holy Spirit of God your *personal* aura, instead of its being a flashing and crashing of the discords of your various vehicles which are 'off-beat'. When they are so, they are creating the dissonance which is very evident to others and which causes your own personal distresses. It is time now that you bring your four lower bodies (physical, etheric, mental and emotional) into alignment—all of them—and then raise and consecrate them all to God and His service!"

THE GURU AND THE CHELA

By the Ascended Master Kuthumi

As the beloved chelas are interested in developing My humble explanation of the efficacy of the breathing exercises as presented in "The Bulletin" during the month of May, 1956, I have been given permission to offer My column this month to an elaboration upon the initial instruction. This added instruction will assist those desiring to use these breathing exercises with more efficacy. I present such directions as prepared by Our beloved chela, Mrs. Ekey, to those who choose to avail themselves of it.

Kuthumi

* * * * *

On the Mastery of the Four Lower Bodies Through Rhythmic Breathing

May 5, 1956.

Through the control of the breath, the Beloved Master Kuthumi has told us, there can be drawn healing for every cell of the physical and inner bodies—*all* diseases (including cancer and leprosy) can be so healed. This rhythmic breathing and breath control is one of the first steps to complete mastery of the individual's world, for it allows the Holy Christ Self, through the expansion of the Immortal Three-fold Flame within the heart, to purify all the energies in the physical, etheric, mental and emotional bodies. As the Beloved Maha Chohan points out in His wonderful discourse given on Holy Thursday, March 29th, 1956 (which discourse has been published in the June, 1956 "Bridge"),—at first, whatever body has been having its own way with our energies up to this time will probably attempt to rebel when this practice is first started. Therefore, it might be well to just take five (5) minutes regularly—three times a day—and, after a week or so, increase the time given to this exercise if the individual wishes to do so.

Preparation

First of all, the student should either sit or lie down in as quiet a place as possible, making very sure that he is undisturbed during the time he is giving to this exercise. Regularity of experiment is of the utmost importance for, in rhythm of continuity, the individual gains strength of purpose, dexterity of action and confidence in ultimate accomplishment.

Consciously see the Immortal Three-fold Flame within the heart expand until it is much larger than the physical body (at least filling your Tube of Light which is about 9 feet in diameter.) This Three-fold Flame is composed of three "plumes" of dazzling light substance—the Gold plume in the center; Blue to the left and Pink to the right. These should be pictured as good, true, bright shades of these colors. The more brilliantly they are pictured the more powerfully they will act. The Flame should extend at least 3 feet below the individual's feet and about 3 feet above his head—the physical body being held within the center of the Golden Plume. Then see the "Golden Man" (the Christ) within the heart (released from His airless cell) arise and completely fill the physical form, thus giving the Holy Christ Self complete possession and control of that form. (In the case of the embodied Angels Who have come from the Great Central Sun, the "Golden Man" within the heart would be a White Fire Being. If this is the case, then expand that *White* Light, do you see?) To expand this Immortal Three-fold Flame in, through and around one, use the statement:

"O, Thou Beloved Immortal Three-fold Flame of Eternal

Truth within my heart—EXPAND and DO THY COSMIC WORK!" Say this 3 times—with FEELING—knowing It has been waiting for centuries (since we first forgot Its Presence within us) to obey your commands for Its expansion, bringing your world into Divine Order through Divine Love!

Picture this large, blazing Immortal Three-fold Flame around the physical body—call directly to your own Electronic Presence—the "I AM" and say:

1	2	3	4	5	6	7	8
"I AM"	inbreathing	th' Plan	Divine	fulfilled	from my	Beloved	"I AM"I
"I AM"	absorbing	"	"	"	"	"	"
"I AM"	expanding	"	"	"	"	"	"
"I AM"	projecting	"	"	"	"	"	"

(the above are used on the indrawn, held, outbreathed and projected breaths as we use them in the Transmission Classes and as taught in the Transmission of the Flame Books). In this exercise, particularly in the beginning, one could just do the above 4 statements once—and once for each set of the following: After the above—then take

1	2	3	4	5	6	7	8
"I AM"	inbreathing	th' full	accumulation	of all	the good	in my Causal	Body
"I AM"	absorbing	"	"	"	"	"	"
"I AM"	expanding	"	"	"	"	"	"
"I AM"	projecting	"	"	"	"	"	"

(Use the same as above statement). Then follow with:

1	2	3	4	5	6	7	8
"I AM"	inbreathing	th' Nature	of God	from my	Beloved	Holy Christ	Self
"I AM"	absorbing	"	"	"	"	"	"
"I AM"	expanding	"	"	"	"	"	"
"I AM"	projecting	"	"	"	"	"	"

(Use as two previous statements have been done). Having done that, YOU HAVE PREPARED YOUR ALTAR OF THE SACRED FIRE by qualifying it with the FULL PERFECTION of your Three Higher Vehicles ("I AM" Presence, Causal Body and Holy Christ Self). You have now consciously drawn the full power and authority of the perfection of your

lifestream into this Three-fold FLAME anchored within (and expanded from) your heart. Do you see?

Now in order to increase the power, activity and quality of any specific Virtue of the Immortal Victorious Three-Fold Flame of God within your heart, you can consciously invite the full gathered momentum of any God-Free Being to accelerate that particular virtue through that Flame within your heart by this exercise: (We have chosen the Violet Fire of Transmutation, as purification is most required by unascended beings at this hour calling into action the assistance of Holy Amethyst, the Archaii Who represents the purifying *feeling* of the Violet Fire).

Then, for the *purification* of the four lower bodies, through the Three-fold activity of the Flame—see that large, expanded Three-fold Flame turn COMPLETELY VIOLET—dazzling, blazing bright—the Flame in all-powerful action. See the three plumes of pink, gold and blue *ALL TURN VIOLET!* The more powerful you want the Flame the deeper you visualize Its color and the more dazzling you picture its action.

1	2	3	4	5	6	7	8
"I AM"	inbreathing	the Violet	Fire	of Trans-	mutation	from Holy	Amethyst
"I AM"	absorbing	"	"	"	"	"	"
"I AM"	expanding	"	"	"	"	"	"
"I AM"	projecting	"	"	"	"	"	"

Now, the "stage" is completely set for the *Purification of the Four Lower Bodies.*

Consciously begin to draw into this ALL POWERFUL VIOLET FIRE by which you are now surrounded—ALL THE IMPURITY in your EMOTIONAL (FEELING) BODY—drawing it in on the inbreath into this purifying Flame. Hold it there on the "absorbing" or held breath; (feeling it being purified in that furnace of Sacred Fire). Then breathe that purified energy out again into the emotional body on the "expanding" or outbreath and PROJECT its purification out into the atmosphere around you and into the Transmission Flame which is constantly encircling the Earth during the period of its 30-day service each month.

We suggest the following statement to be used for indraw-

(*Continued on page* 15)

THE MASTERS OF WISDOM SPEAK

(ON: THE PROCESS OF CONSCIOUS ASCENSION)

MAHA CHOHAN:

First, let Us remind you that the process of consciously becoming a part of the evolutions belonging to the Earth, followed the voluntary choice of those who desired to fulfill God's Will in the physical appearance world. Through the use of God-given free-will, every individual decided *within himself* to volunteer to consciously lower the vibratory action of his emotional, mental and etheric vehicles to a point where the Immortal Three-fold Flame within the heart could draw around Itself the substance and energy of the physical world. This process of creating a physical body out of the elements of Earth, Water, Fire and Air, required the use of centripetal force . . . anchored within the Immortal Three-fold Flame of God . . . drawing the purified elements of Earth's atmosphere into a beautiful physical body, made in the Image and Likeness of his or her own individualized "I Am" Presence. The process of sublimating (refining by Violet Fire) those Elements, *consciously drawn,* until they again radiate light is also a *conscious* process—a gradual Ascension into the Divine Image which has become distorted through misuse of the faculties of thought, feeling, spoken word and action.

EL MORYA:

When your God-parents projected part of Themselves (the Immortal Three-fold Flame) from Their hearts into Universal Light which is made up of intelligent electronic substance, They endowed that Flame with the gift of "free-will". Through its use the individual so created was enabled to draw as much or as little of life as they desired *from their own* beating hearts and to create with It whatsoever their self-conscious Intelligence chose within Itself to offer as a gift of added light to the Universe. This Immortal Three-fold Flame drew around Itself the intelligent electronic substance (the body of God) and created a glorious Electronic Body made in the Image and Likeness of the God-parents. Then through countless aeons of time, this Presence used the life of the God-parents to develop the Causal Body (the repository of all its created perfection). Each individualized Presence specialized upon the development of one of the Virtues, Activities, Qualities and Services of the Seven Rays. When the individualized Presence presented Itself befor the Lords of Karma and the Manu Who represented Their Ray, offering to embody in physical form, again *free-will* was the motivating power of such voluntary action. After the pollution of the energies of the four lower bodies by mis-use of the faculties of thought, feeling, spoken word and action, it is again *free-will* which brings the individual to a point where he desires to surrender to his own "I Am" Presence; set his world into order; fulfill his Divine Plan and return "Home" —to go out no more!

KUTHUMI:

The fashioning of the emotional body from the electronic substance of the world of feeling; the fashioning of the mental body from the world of mind-force; the fashioning of the etheric body from the world of etheric substance and the fashioning of the physical body from the world of physical elements was accomplished by the magnetizing power of the Immortal Three-fold Flame of God within each beating heart. The ability of mankind to use these bodies to develop the strata of impure thoughts, feelings, spoken words and actions (which has been done) was the result of his conscious use of free will, which gift he voluntarily accepted from his God-parents, thereby assuming his responsibility for the use of life. Also, the *sublimation* of these strata by the *conscious* use of the Sacred Fire of Purification (Violet Flame) is a *conscious* activity in which mind, feelings, actions and words are employed. Such conscious application upon the part of the chela results in the gradual ascension of his vehicles of expression.

PAUL, THE VENETIAN:

There is comfort in knowing that, as man consciously distorted his vehicles through the *liberty* of using life and its creative centers imperfectly, so can he then consciously *restore*

beauty and perfection to his vehicles by this same *liberty* to use life to "make things right".

SERAPIS BEY:

All of the electrons spinning around the central core of every atom in your emotional, mental, etheric and physical bodies *are intelligent.* Furthermore, these electrons have taken a vow *to obey* the mandates of the individual and create forms of beauty or otherwise. Standing upon this premise, surveying the condition of one's own vehicles, the wise decide to speak to these intelligent electrons and their composite whole and ask for their cooperation in throwing off the substance of impurity collected through the ages. These electrons are most eager to obey this command "Be ye perfect, even as your Heavenly Father is perfect". With the conscious use of the violet fire, the substance thus thrown off by the electrons is sublimated (refined) and the world of form and experimentation is thereby wholly freed from any and all residues of impurity from the ascending lifestream.

HILARION:

The awakening consciousness of the individual who desires to fulfill his Divine plan, cognizes the truth that the Immortal Three-fold Flame within his heart *can* and *will* expand to direct the activity of every electron and atom in his four lower bodies (physical, etheric, mental and emotional). This is done by the acceleration of their speed as they move around the central core of their own atoms. This acceleration causes the impure substance in the forcefields around the electrons to be thrown off and allows the electrons in each of his four lower bodies to expand their light until the emotional, mental, etheric and physical bodies become self-luminous. This is the process of *conscious* ascension.

JESUS:

The "transfiguration" of the physical form follows a scientific law. It merely requires the surrender of the destructive use of one's free-will to the Immortal Three-fold Flame of God within the heart. At your conscious call, this Flame (*intelligent* and *all-powerful*) will expand Its light through the four lower bodies and, as the impurities of discord (which have been imposed upon the electrons) are sublimated by the use of the

Violet Fire, the pure white light of the electron is then allowed to blaze its light freely; then meeting the blazing light so released from every other electron, the inner and physical bodies just naturally radiate light!

SAINT GERMAIN:

One of the services of the Seventh Ray (The *Violet* Ray) is to help to sublimate and transmute the impure substance drawn into the forcefields around the electrons in the emotional, mental, etheric and physical bodies. Thus the individual redeems *consciously* all the energy he has drawn through the ages and used for experimentation. As in a carpenter's workshop, there are many shavings, much sawdust and other residue which result from his endeavors to produce a form of beauty, so there is in the aura (and the world at large) much residue which results from experimentation with the "tools of creation" (feelings, thoughts, spoken words and actions). The good carpenter not only produces a beautiful piece of furniture but cleans up his workshop as well. The good, honest chela, in the process of ascending into his God-estate, has the use of the Violet Fire to clean up the residue of his experimentations with life while consciously developing his own Divine Nature. This is balance—spiritual integrity—and mercy to the rest of the Universe. Too long have the Nature Kingdom and the Ascended Host continued to transmute this "residue" *for* man! Now, he has the way and means of making this *personal* transmutation of the energies for which he is accountable. At the same time, he thus qualifies to become an Ascended Being himself!

MASTERY OF THE FOUR LOWER BODIES (*Continued from page* 11)

ing the impurities of each body (in turn) as that substance is drawn into the Sacred Fire (whatever Flame is used):

1	2	3	4	5	6	7	8
"I AM"	inbreathing	for purifi-	cation	all	th' energy	of my feeling	world

(On this statement, feel it drawn in)

"I AM"	absorbing	for purifi-	cation	all	th' energy	of my feeling	world

(On this HELD breath, FEEL it purified)

1 2 3 4 5 6 7 8

"I AM" expanding this purified energy and Christ perfection into my feeling world

(Here see that energy returned to your feeling world crystal pure)

"I AM" projecting (same as above)

(Now consciously project it into the atmosphere around you—to be instantly picked up and carried away on the Transmission Flame to add to the Light of the world.)

Then take the impure energy of your MENTAL BODY in the same manner—using the same technique as that suggested for the emotional body. After that, do the same for the ETHERIC BODY and then the PHYSICAL. As we said above—in the beginning, it is best to stay with this practice about 5 minutes at a time. The time can be increased as the individual gets more and more accustomed to managing the breath and the bodies begin to realize that they have met their Eternal, Loving but Unyielding Master at last!

Of course, one may use the Three-fold Flame in ANY COLOR he wishes, according to the quality he desires to charge into these four lower bodies. We used Violet because of the great need for transmutation of the impure energies there. Beloved Saint Germain said years ago that today, about 90% of the energy of the unascended individual's world is qualified with discord!!! For that reason, we suggested the Violet Fire FIRST!

However, if one wants to charge these bodies with TRUTH, for instance,—of course that Flame would be colored in the individual's "mind's eye" with a beautiful shade of Chinese Green. If Divine Love is desired, color the Flame a beautiful shade of pink and so on; blue for energy, power and faith; dazzling white for purity; crystal (iridescent) for resurrection; yellow for illumination; gold for peace and ministration of blessings to all. The deeper the shade and the more dazzling the color used, the greater the power drawn through that particular Flame. The technique is the same for all the Flames—just change the color of the Three-fold Flame in, through and around the body to render the desired service of qualification.

Excerpts from an Address by

BELOVED VICTORY

(On: The Power of Victorious Accomplishment)

April 5, 1955

"You all came from the heart of God, shining beings of light and Life Eternal. When you awoke to *being* and felt yourself the self-conscious intelligence; when you either said or thought within yourself "I AM", *then you knew the power of Victory.* You knew that energy acted *instantly,* responding to your thought and feeling. All of you had within yourselves that calm, positive assurance which comes with the realization that certain constructive activities, cooperating with each other, bring a definite constructive result.

As you moved through the Inner Realms and builded into your Causal Bodies those colors which stand there now as a momentum of your power of good, (to be released for your use when you get still enough, balanced enough and harmonious enough) ,—you knew no resistance to the All-Power of God, released through your own creative centers of thought and feeling. Within your Causal Bodies is builded the memories of those victories as you lived in the First Realm with the mighty Chohan there and learned the activities of ideation. Your world was filled with the power of Victory as those ideas, entering into your consciousness, became yours for use.

As you stepped into the Second Realm and you fashioned from those abstract ideas beautiful outline and form, you were filled with a sense of Victory, because there was no opposition; no disintegrating force to act upon your own beautiful thought form. As you entered the Third Realm and breathed the love of the Holy Spirit into your thought form, giving it life, you had only the sense of Victory; for there was only love within that Realm . . . and so on through the Seven Spheres.

It was only after you chose to take incarnation on Earth and after the entering into the atmosphere of Earth of the 'laggards' from the other Systems, that you began to meet resistance to the flashing forth of the victorious light from your thought and feeling centers. In that first resistance to victorious accomplishment, FEAR recorded in your etheric body. Then

as the maya grew and as the energy in the outer world became more and more dense, responding less and less to the constructive vibratory action of the creative centers of thought and feeling, resentment, rebellion and disappointment acted and made 'scars' within the etheric vehicle. All of these experiences lessened your original positive consciousness of victorious accomplishment.

Now, We come again to give to you the *feeling* of victorious accomplishment in your use of the Law! You grasp the possibility of Victory for the moment, but, deep within the etheric vehicle, there is the murmuring, the grumbling and the surging of the tide of remembrance of those times when your energies sent forth did not accomplish that for which they were meant. The outer world has chosen to call a portion of this great etheric memory the 'sub-conscious' mind. These discordant experiences of life are growths in your etheric bodies, which have dimmed your light as you have endeavored to accomplish that for which you decree, make application and visualize. These etheric remembrances of past defeats neutralize your endeavors to a great extent.

Draw the Violet Fire through your spleen (Zadkiel's, Saint Germain's and Arcturus' focus in the physical body) *asking your 'I AM' Presence to remove all destructive accumulations from your etheric vehicle* (body).

If any of you had been at Luxor; if any of you had been in the Retreats where you would have had to see your own discordant creation externalized, you would know something of the impurity that lies in the depths of your own etheric vehicle. Because of the mercy of the Cosmic Law; because of the service which We hope to render to mankind through you; because of your own great service to your fellowman; at this time We are endeavoring to draw off as much as is possible of the discordant accumulation of each of your four lower bodies (physical, etheric, mental and emotional). Now, We desire to restore the memory of the power of victorious accomplishment to the etheric garments. For this reason, I have been asked to speak to you today.

Beloved friends, besides the records which you have made wherein you have not mastered the fullness of the creative powers of life, you also have magnificent records of victorious accomplishments. *These I wish to stir into action!* I am

resurrecting the records that were made when you lived in that First Golden Age with the great Lord Michael, the Devas and the Manu; when all the powers of life were visible and tangible. Then from your heart, throat, head and hand that living flame flashed, creating a visible, tangible focus of the Immortal Three-fold Flame of Life. *Through the powers of precipitation,* you once drew forth everything you required—set your tables; clothed your bodies; created your homes by conscious use of your thought and feeling centers, through the Flame of God's life, flashing from the head, throat, heart or hand. When you lived on Atlantis as Priests and Priestesses in the Temples of the Sacred Fire, you drew forth Its powers to bless life. *Then you knew the power of victorious accomplishment!* Before Poseidonis sank, you sailed forth in boats, guarding those living Flames. You established them at Luxor, Peru and in various places that were to remain upon the surface of the Earth, and at that time *you KNEW victorious accomplishment!*

Now, in the Name of Almighty God, I implore you to stand within your own Immortal Flame of Life! Stand by the principle that *God is good* and that the Will of God for you and every man is beauty, opulence, purity, peace, youth and every good and perfect thing. When imperfect appearances arise, say: *'I will accept no compromise!* Victory! I command all the power that You have promised to me; all Your momentum of victorious accomplishment! To all human appearances I say "You have on power before the VICTORIOUS ALL CHRIST"!'

Oh, children, stir yourselves from the lethargies of the centuries! *Call for the fullness of Victory in all your experiences* and you shall know perfection! I ask this in the Name of your own "I AM" Presence; in the Name of the Ascended Jesus Christ; in the name of humanity! When you know Victory yourself and are positive of the power of victorious accomplishment, your feelings become a contagious power. When your inner bodies are filled with Victory and you KNOW that power within you, then shall you become THAT which mankind desires within its heart.

I give you the Flame of Victory; the love of Venus and of every Being Who has served the Earth, having now returned to Our Star. They have 'come Home to go out no more'. It is

a magnificent experience when your course is run and you return to the Star of your birth.

Thank you and God bless you!"

MONTHLY LETTER TO TRANSMISSION CLASS

July 21, 1956

BELOVED ASPIRANTS TOWARD THE ASCENSION!

I greet you in loving gratitude for aspiring toward your natural Divine Estate! I Am grateful that you desire to complete your course of Earth lives and, in dignity, return "Home" to serve with Us as *conscious* Members of The Great White Brotherhood! I Am also grateful that many of you have chosen the path of temporary renunciation of your earned Freedom to hold an anchorage of Our Presence in the world of form!

Tonight, We honor the Ascension Flame! All of Us Who embodied on the Earth at any time, have reason to be grateful for that Flame which assisted Us to complete Our Ascension. A portion of Our gratitude is within It. This Ascension Flame is, therefore, a composite of all the upward-reaching, striving and searching from the souls of men. Your own prayers and applications are lovingly woven into It by the Seraphim to Whom is assigned the task of collecting, conserving and purifying all prayer-force on this planet.

When you FEEL the buoyancy and joy as you direct your consciousness into this Flame, you will have a glimpse of the moment when you will complete your earth-journey to come HOME AND GO OUT NO MORE!

Lovingly, Yours in service and spiritual

Comradeship,

MAHA CHOHAN

The statement for the Transmission Flame Class of July 21, 1956, is:

1	2	3	4	5	6	7	8
"I AM"	inbreathing	th' victorious	feeling,	joy	and gratitude	of th' Ascension	Flame
"I AM"	absorbing	"	"	"	"	"	"
"I AM"	expanding	"	"	"	"	"	"
"I AM"	projecting	"	"	"	"	"	"

Retreat: Ascension Temple, Luxor (Egypt); Hierarch: Serapis Bey; Color White; Keynote "Liebestraum" by Franz Liszt.

GROUP INSTRUCTION FOR TRANSMISSION CLASSES

BELOVED FRIENDS OF FREEDOM: July 21, 1956.

In the Name of God—the holy Presence of life within your beating heart Whose Sacred Name is "I AM", I call into action now, in, through and around you, the full power of the FREEDOM FLAME—that all-powerful Violet Fire of Divine Love, Mercy and Forgiveness—transmuting into light right now every shadow and imperfection which has ever registered upon your consciousness. I call directly to your own Holy Christ Self anchored right within your beating heart, to expand Its light through all your world, replacing every shadow by the glory of Its Own protection and perfection of every description, sustaining and expanding it all ways! So shall it be! Consciously accept it!

The tender solicitude of the love of the Father-Mother God of the Universe for Their children is perhaps most plainly shown by Their gift to such children of the Violet Transmuting Flame. Its gracious Presence and power, when consciously called into dynamic action, is so far-reaching in Its merciful release from the penalties incurred in the discordant use of life's energies, that Its full meaning and blessing seem quite incredible to the average individual, especially when it is brought to his outer attention for the first time. However, those who are very sincere and wise will instantly and joyously seize this opportunity to "make things right" by the use of this Flame. In a very short time (if it is consistently and persistently called into action three times a day) they will begin to feel a much "lighter" atmosphere about them and many distressing conditions of body, mind, affairs and associations will adjust themselves and the annoyances fall away. Anyone can prove this for himself, if he will!

"Know Thyself"

says the Sage. Yet, mankind in general are now and have been for ages, so interested in "knowing" about everyone and everything else that they have forgotten the most important thing about themselves, i.e., the ability to consciously master their very own life!

You see, life is energy—light-essence, which flows constantly in rhythm from the heart of God (one's individualized

"I AM" Presence) into his physical heart and gives it the rhythm of beating. That life in its primal state is pure and perfect until it is used by the individual to make some form (determined by the thought) and then energized and made a living thing by the feelings. When these creations are constructive, they make light, beautiful, happy forms in and around one's aura and they not only radiate their own blessings to their creator but act as magnets to draw like vibrations and forms from all they contact.

The opposite of this activity is also true and, here, man comes to a place where the conscious calling forth daily of the Violet Transmuting Flame of Forgiveness and Mercy is so essential. Depressed and destructive thoughts, feelings, spoken words and acts create such forms in the individual's world also and the individual feeling resentment, injustice, pain, anger, etc. concerning them, fills those forms with the destructive rates of vibration and makes them live! If the individual does not know how to protect himself against such forms in the worlds of others, since "like attracts like", one is drawn to persons, places, conditions and things of similar vibration, thus increasing the distress originally caused by the use of his own free-will. Do you see? The love of the Father-Mother God always provides a way out of the difficulties into which their children sometimes stray, by a forgetfulness of the True Way, a desire to experiment with life or just a rebellion in the feelings against giving obedience to life and a determination to have their own way. The Violet Transmuting Flame is that way out, proving Itself absolutely reliable and helpful beyond all words to describe, to all who care to try it.

How Do You Use It?

At least twice each day go by yourself for at least fifteen minutes and make sure you are alone and undisturbed. Use the statement provided at the close of this letter—thoughtfully and sincerely, endeavoring to picture the activity taking place just as and when you call it forth. Repeat the statement three times. Then keep your attention upon this Violet Fire, seeing it rush up from beneath the feet, right up in, through and around every cell and atom of the physical body, forming a pillar of Violet Flame around you, about nine feet in diameter. Without tension in the feelings, try to feel the power of this

pillar of Violet Fire like a "blow-torch"—dissolving and transmuting on the instant every discordant thought and feeling form which you have ever drawn about you or allowed to come into your world. Try it—dear hearts—it costs nothing to experiment with this wonderful Friend of the Ages; Who cares nothing about your mistakes; Its only desire being to transmute them into light, bringing you comfort and peace as it does so.

Use the above exercise faithfully for at least thirty days—never miss it once—and prove to yourself what a mighty assistance has been given you by your own God Presence—the Source of your very life.

Confidently yours, in gratitude for the use of Violet Fire—

"I AM" Frances K. Ekey

CALL FOR VIOLET TRANSMUTING FLAME

Beloved Mighty Victorious Presence of God "I AM" in me, Holy Christ Self of me and all mankind, Beloved Saint Germain and All Who have to do with the release of the Violet Transmuting Flame of Cosmic Christ Love, Mercy and Forgiveness to the Earth and Her evolutions:

Let Your Violet Fire SURGE up, in, through and around me and my entire being and world—RIGHT NOW!—this instant and forever. Let It BLAZE in dynamic Cosmic Power, doubled each instant of each hour, transmuting instantly and forever into the Ascended Master Light Substance of Purity and Perfection, all the life energy I have ever mistakenly qualified by discordant thought, feeling, spoken word or deed, anywhere, at any time, in any way, for any reason whatsoever.

Let this Violet Fire remove completely—this instant and forever—the CAUSES AND CORES of all human limitations and distresses which I have ever created in my own world and in the worlds of others, as well as anything and everything of a destructive nature I may have accepted into my world which has ever been driven against me.

Replace in my world all that God never intended to be with the fullness of the Ascended Masters' feelings of Divine Love, Purity, Peace and every God-quality of Perfection, as well as the FEELING of perfect satisfaction of my Holy Christ Self. Let that Holy Christ Self also charge my world (as it is purified by this Violet Fire) with Its Directing Intelligence, Ascended Master Determination, Courage, Strength and Power and all that is required to enable me to do the Will of God at all times to the best of my ability, thus fulfilling my own Divine Plan. Let It bring and hold all my world into perfect Divine Order through Divine Love, producing and sustaining in me perfect health and keeping me supplied at all times with the limitless abundance of money and every good thing. Let this come as a glad, free gift of love, visible and tangible in my hands and use, invincibly protected in every way.

Let the full perfection of my Holy Christ Self *be* the only acting Presence in through and around me until I am wholly ascended and free! What I call forth for myself, I call forth for everyone, everywhere, belonging to Earth's evolutions still unascended. I consciously accept this done RIGHT NOW with full power! So be it!